Type each line, perfectly, without looking or fixing, within 30 seconds. Repeat the line until you accomplish the goal.

Pressure cooker Home Row + HEIR + OTNG + left shift (.)

30 Sec				
10 wam	a glass flask; a sad dad;			
12 wam	a sad lad fell; he slashes sales			
14 wam	a glass flask; a sad dad; a lad fell;			
16 wam	a sad lad fell; he slashes sales; a flag			
18 wam	He has left; for the lake; she goes there at;			
20 wam	Joe and I led a lass; Lee and Jane fled; Lee lost;			
20 wam	J. L. and Kate are tall. Kate and Harry left Oregon.			
22 wam	Nida needs to get the dog. Jakie needs to get the door.			
22 wam	Our field is green. Heather likes to hike in our field.			
24 wam	He needs to go if the heat starts to rise. I think it is hot.			
26 wam	Olie likes his red front door. It is near the front of the lake.			
26 wam	Hellen and I held the light for Joe. It is hard not seeing things.			
26 wam	Later J. H. and I are going to Idaho to see the horses in the sale.			